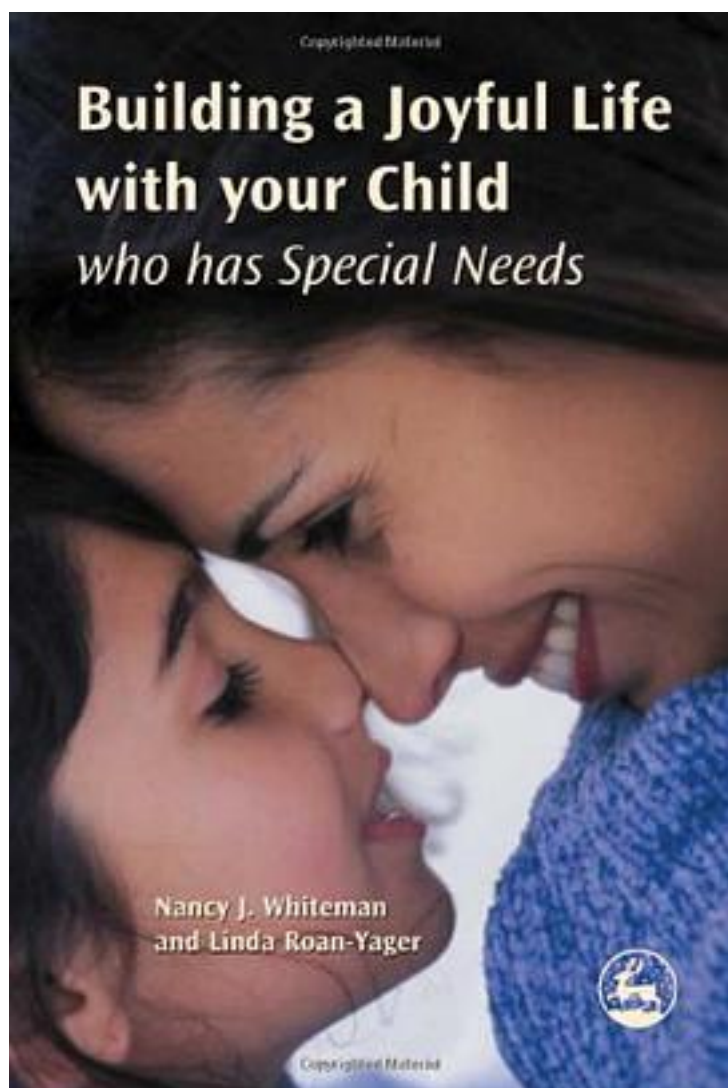


Building a Joyful Life with Your Child Who Has Special Needs



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This book considers the challenges of caring for children with physical, developmental and mental health disorders and proposes methods such as learning to see events through your child's own eyes, celebrating their strengths and achievements and recognizing how others can help your child. Chapters deal with key topics such as coping with a diagnosis, discussing support needs with a child's teachers and explaining a child's differences to their peers. The authors stress the importance of parents building support systems for themselves and their children. Real stories from parents and example scenarios illustrate the common difficulties faced by parents of children with special needs, and the authors explain how painful thoughts may be identified and reframed through techniques grounded in cognitive behavior therapy. Crucially, Building a Joyful Life warns against parents neglecting their own needs, and a exercises will help them to find ways of regaining balance in their lives.

作者介绍:

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